Panelist

Sue Palmer

*Literacy specialist and author of ‘Toxic Childhood’, United Kingdom*
The Art of Education

Empowering our children to face the future
Literacy
Focusing attention

Empathy and social skills

Self regulation

Language
A complex combination of social and cultural change over recent decades, including:

- the decline of active, outdoor play
- an indoor, sedentary screen-based lifestyle
- the commercialisation of childhood
- an increasingly competitive schooling system.

‘In a nutshell, our culture has evolved faster than our biology.’
Human children are designed to develop certain skills and capacities naturally. These are the foundations on which we build formal education.
THE POWER OF PLAY

Self-regulation and self-efficacy
Creativity
Problem-solving skills
Language and social skills
Emotional resilience
Intrinsic motivation to learn
THE DECLINE OF FREE PLAY

Active, creative, outdoor play is being squeezed out of children’s lives from an increasingly early age...

by the twin forces of ‘cool’ and school.
Launched, May 2016

‘rights-focused, relationship-centred, play-based (as often as possible outdoors)’
Upstart supporters include:

Tam Baillie  former Scottish Commissioner for Children & Young People
David Baxter  consultant community paediatrician, Highlands Region
Jackie Brock  CEO, Children in Scotland
David Cameron  educationist, contributor to *Curriculum for Excellence*
John Carnochan  co-founder, Scottish Violence Reduction Unit, Glasgow
Theresa Casey  President, International Play Association
Dr Beth Christie  Learning for Sustainability, University of Edinburgh
John Davis  Professor of Childhood Inclusion, University of Strathclyde
John Frank  Professor of Public Health, University of Edinburgh
Mary Glasgow  Director, Children & Families, Children 1st Scotland
Marguerite Hunter Blair  CEO Play Scotland
Pat Kane  Musician, writer, broadcaster, Glasgow
Dr Miles Mack  Chair, Royal College of General Practitioners Scotland
Cathy McCulloch  Founder & Director, Children’s Parliament
Juliet Robertson  Outdoor Education specialist and author, Aberdeen
Donald Smith  Director, Traditional Arts and Culture Scotland (TRACS)
Colwyn Trevarthen  Emeritus Professor of Child Psychology
Dr Suzanne Zeedyk  Research scientist, Dundee University
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